

Growing Healthy Families

All
activities
are **FREE**
of charge!



Barre District Office, Vermont Department of Health

5 Perry Street, Suite 250 • Barre, Vermont 05641

1-802-479-4200 or 1-888-253-8786

Spring 2010

Cooking and sharing at L.A.C.E.



Times and dates to be
announced

Community Action will be
hosting workshops on
quick and easy food

preparation and family meal ideas. Area chefs
and the staff at Community Action invite WIC
families to join them in learning how easy it
can be to use WIC foods and eat well on a
budget. Call Bonnie at 476-1604 for more
information.

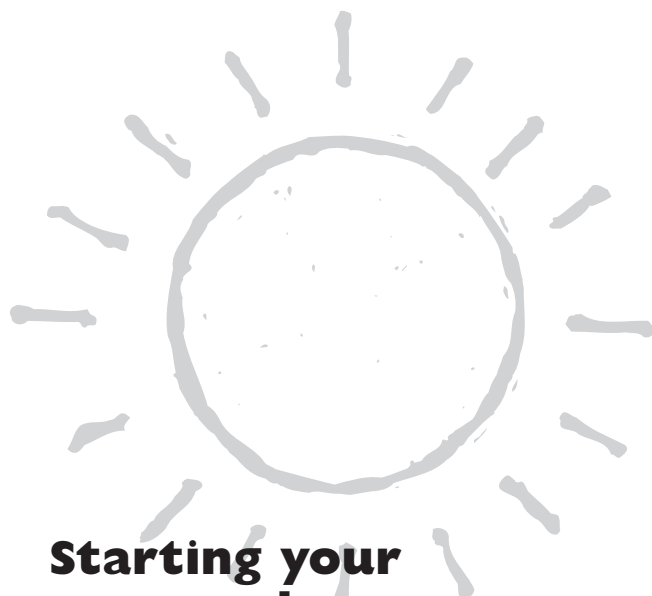
Breastfeeding welcome shower

Wednesday, April 14

2:00–4:00 p.m.

WIC Clinic, McFarland Office Building

Are you breastfeeding your baby or
considering breastfeeding? The WIC staff invite
you to a celebration. This event is both for
mothers who are currently breastfeeding and
those of you who are pregnant and considering
breastfeeding. We hope this will be a chance to
connect and bring questions for other
experienced moms and the WIC staff.
We will have small gifts for you and
you will have a chance to give
and receive support.



Starting your own garden

Friday, May 14

1:30 p.m.–2:30 p.m.

WIC Clinic, McFarland Office Building

Growing your own vegetables can be fun,
healthy and economical. Join us and learn that
even with small spaces, you can grown your
own delicious vegetables. Involve the whole
family. You can start your first seeds in the WIC
Office. Call 476-1604 to register.

